

ATHLETIC JOURNAL

Vol. 3, No. 1

SEPTEMBER, 1922

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THE ATHLETIC JOURNAL

A PROFESSIONAL MAGAZINE FOR THE
COACHES OF THE COUNTRY

JOHN L. GRIFFITH, EDITOR

VOLUME III

SEPTEMBER, 1922

NUMBER 1

CONTENTS

| | | |
|--|---------------------------|----|
| The Optional Pass | <i>Aubrey Devine</i> | 3 |
| The Offensive Line | <i>Major J. L. Wier</i> | 6 |
| The Six Man Line of Defense . . . | <i>Chas. W. Mayser</i> | 8 |
| Tackling | | 9 |
| Muscular Co-ordination Most Important in Boxing | <i>H. M. "Spike" Webb</i> | 11 |
| Starting Positions | <i>Geo. "Potsy" Clark</i> | 13 |
| Editorial | | 14 |
| The Function of College Athletics . . . | <i>Fielding Yost</i> | 19 |
| A Year's Program for Required Work | <i>John L. Griffith</i> | 28 |
| The National Amateur Athletic Feder- ation | <i>Gen. Palmer Pierce</i> | 36 |
| The American Football Coaches' Asso- ciation | <i>Major C. D. Daly</i> | 42 |
| Suggestions for Field Generals | | 44 |

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INDEX TO ADVERTISEMENTS

| A | | I | |
|--|--------------|-------------------------------------|-------------|
| Adhesive Tape..... | 27 | Illinois Equipment Co..... | 46 |
| Bauer & Black | | Football Equipment | |
| Aldrich & Chancellor..... | 29 | K | |
| Basketball Pants | | Kelley-Duluth Co..... | 29 |
| Alexander Lumber Co..... | 47 | Athletic Supplies | |
| Portable Bleachers | | Knock-Down Bleachers..... | 39 |
| Antiphlogistine..... | 33 | Leavitt Mfg. Co. | |
| Denver Chemical Co. | | L | |
| Athletic Shoe Co..... | 21 | Leavitt Mfg. Co..... | 39 |
| Shoes for all sports | | Knock-Down Bleachers | |
| Athletic Supplies..... | 29 | Lowe & Campbell..... | 23 |
| Kelley-Duluth Co | | Football Supplies | |
| B | | M | |
| Bachman, Charles..... | 23 | Medallic Art..... | 21 |
| Football Book | | Medals and Trophies | |
| Basketballs..... | 17 | Medals and Trophies | |
| Thos. E. Wilson Co. | | Dieges & Clust..... | 47 |
| Basketball and Gymnasium Shoes | | Medallic Art..... | 21 |
| Beacon Falls Rubber Shoe Co. 44 | | Medart Mfg. Co..... | 41 |
| Converse Rubber Shoe Co..... | 40 | Playground Equipment | |
| Hood Rubber Co..... | Inside Front | Meylan, A. R. and J. E..... | 43 |
| Basketball Book..... | 18 | 1/10 Second Timers | |
| Geo. Miller | | Miller, Geo..... | 18 |
| Basketball Pants..... | 29 | Basketball Book | |
| Aldrich & Chancellor | | O | |
| Bauer & Black..... | 27 | O'Shea Knitting Mills..... | Back Cover |
| Adhesive Tape | | Football Jerseys | |
| Beacon Falls Rubber Shoe Co..... | 44 | P | |
| Basketball Shoes | | Partridge Co., Horace..... | 37 |
| Bennett Elastic Web Co..... | 21 | Football Supplies | |
| Supporters | | Palm Olive Co..... | 35 |
| C | | Soap | |
| Converse Rubber Shoe Co..... | 40 | Portable Bleachers | |
| Basketball Shoes | | Alexander Lumber Co..... | 47 |
| D | | R | |
| Denver Chemical Co..... | 33 | Rawlings Mfg. Co..... | |
| Antiphlogistine | | Football Shoes..... | Inside Back |
| Dieges & Clust..... | 47 | Football Book..... | 31 |
| Medals and Trophies | | S | |
| F | | Shoes for all sports | |
| Footballs..... | | Athletic Shoe Co..... | 21 |
| A. G. Spalding & Bros..... | 45 | Spalding, A. G., and Bros..... | 45 |
| Football Books..... | | Footballs | |
| Chas. W. Bachman..... | 23 | Soap..... | |
| Griffith-Clark Physical Educa- tion Service Co..... | 24-25 | Palm Olive Co..... | 35 |
| Rawlings Mfg. Co..... | 31 | Specialists Educational Bureau..... | 18 |
| Football Jerseys..... | | Coaches Agency | |
| O'Shea Knitting Mills..... | Back Cover | Stall & Dean..... | 35 |
| Football Shoes..... | | Football Equipment | |
| Rawlings Mfg. Co..... | Inside Back | Superior Color Press..... | 43 |
| Football Supplies..... | | Athletic Posters | |
| Hopkins Bros..... | 43 | Supporters..... | |
| Illinois Equipment Co..... | 46 | Bennett Elastic Web Co..... | 21 |
| Lowe & Campbell..... | 23 | Walter F. Ware Co..... | 45 |
| Partridge Co., Horace..... | 37 | V | |
| Stall & Dean..... | 35 | Varsity Game Co..... | 29 |
| Wright & Ditson-Victor Co..... | 41 | Football Board | |
| G | | W | |
| Griffith-Clark Co..... | 24-25 | Ware, Walter F. & Co..... | 45 |
| Football and Basketball Books | | Supporters | |
| Gymnasium Apparatus and Play- ground Equipment..... | 41 | Watches—1/10 Second Timers | |
| Fred Medart Mfg. Co. | | A. R. & J. E. Meylan..... | 43 |
| H | | Wilson, Thos. E. & Co..... | 17 |
| Hood Rubber Co..... | Inside Front | Basketballs | |
| Basketball and Gymnasium Shoes | | Wright & Ditson-Victor Co..... | 41 |
| Hopkins Bros..... | 43 | Football Supplies | |
| Football Supplies | | | |

The ATHLETIC JOURNAL

VOL. III

CHAMPAIGN, ILLINOIS

No. 1

THE OPTIONAL PASS

BY

AUBREY DEVINE

All American Quarterback.

Aubrey Devine developed the optional pass as well if not better than any other football player in the history of the passing game. He worked on the running pass when a member of the West Des Moines High School team and later at the University of Iowa where he perfected it. Iowa won the undisputed championship of the Western Conference in 1922 under Devine's captaincy. He describes in this article one of the most valuable plays in football but one that calls for a high degree of ability in running and passing.—EDITOR'S NOTE.

ATHLETICS are in a state of evolution. Especially is this true of football. The game today is very different from the game of yesterday. At first, football was a game of brute force and brute tactics, and the larger a man was, the better football player he made. In the modern game, strength and weight are still necessary, but speed, science, and brains play the most important part. As a result, some of the best players in the country today are small men.

There were a number of things that helped to bring about this change. The public demanded that the game be changed so that it would be more scientific, less brutal, and more out in the open, so that the spectators could see what was going on. Two important changes in the rules of the game aimed to make it more popular by satisfying the public demand. First was the change as to yardage and downs. Formerly the offense was given three downs in which to make five yards, but the new rule required ten yards in four downs. It was necessary, then, to change the rules so as to make the play more open and ground gaining more easy, because it is harder to make ten yards in four downs than it is to make five yards in three downs. To remedy this and to open up the play and make it more

spectacular was the problem, which was solved by introducing the forward pass, making a pass across the line of scrimmage legal, with the following limitations: first, the passer must be at least five yards behind the line of scrimmage when the pass is made and, second, the receiver must be a man who was either on one end of the line or was at least one yard behind the line when the ball was passed by the center. This new type of play has served its purpose, and, as a result, the game has become more spectacular and interesting to watch and more fascinating to play.

Although the forward pass has been provided for in the rules for fifteen years, no team has yet exhausted its possibilities. Each year something new has been accomplished with it, and each year new defenses have been worked out against it. As a result, the modern forward pass game has become very complicated, both from an offensive and defensive point of view.

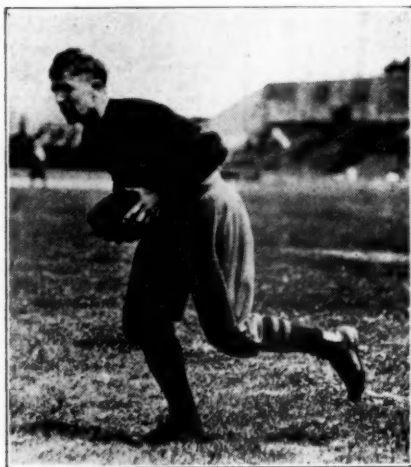
The most important development of the forward pass in the last few years has been the optional pass. Before it came into use, the quarterback at the time he gave the signal decided whether the play was to be a run or a pass. The passer's job was cut out for him as soon as the signal was given, and he executed it accordingly. In the

optional pass, the passer exercises the option as to whether the play is to be a run or a pass. The quarter-back's signal merely says that the play is going in a certain direction, and the passer will decide



*Illust. 1 Shows the start of the running pass.
Note how the ball is carried in the hands.*

whether to run or pass when he gets to a certain point. That is, the passer starts with the ball as if the play were going to be an end



Illust. 2. The player is running to the side and at the same time watching for a free man to pass to.

run. He runs parallel with the line of scrimmage at about five yards in

its rear. As his interference turns to cross the line of scrimmage he must decide instantly whether he will keep on running straight out or pass. His decision should be made according to the position of the defense. If the defensive end and half-back are closing in on him, thinking he is going to run, he should pass, provided he has a man open to pass to. If the end and half-back fall back to cover, he should tuck the ball under his arm and run. They will thus be caught



*Illust. 3. The pass is made on the run.
Note that the whole body is back of the throw.*

in the awkward position of going the wrong way, and before they can recover, he has slid by them.

There is only one objection to the optional pass, and it grows less the more proficient a team becomes in execution. This objection is that the passer's own team-mates are as much at a loss as to what the passer is going to do as the defense is. Actual experience, however, has shown that this objection cannot be applied in all cases. There are teams that have interference runners who are as capable of making quick decisions correctly as the passers. Their signal as to whether the play is to be a run or a pass is the position of the defense, just as



Illust. 4. The ball is thrown with an overhand motion. The left foot steps forward with the throw.

it is for the passer. If the defense falls back, the interference knows that the passer will run, and if it stands still and lets them go by, they speed in the open for a pass.

To get the best results with a play of this kind the passer must be a player who can run ends well,



Illust. 5. Note that the ball is pointed up at the moment of leaving the hand. This is important on long passes.

pass well, on the run if possible, and make quick decisions correctly. The interference must be capable of good body-blocking, good pass-catching and must also, as I said before, be able to make a spontaneous decision correctly. Aside from these qualities, both passer and receivers must be deceptive, that is, they must cover up their intended play until they see what the defense is going to do. Deception is not so hard in this play as in others, because the offense has no particular play in mind before it gets to the point where it must execute one play or the other. In the other plays where the passer and interferers know what the final play is to be before the ball is put in motion, it is hard to keep them from



Illust. 6. Note the follow through after the ball leaves the hand.

giving it away. The passer may unconsciously turn his eyes in the direction of the defensive backs, he may carry the ball differently, or he may run differently. The receivers also may act differently according to whether the play is to be a run or a pass. All of these things are seen by a wide-awake defense, and as a result it knows just what the

(Concluded on page 48)

THE OFFENSIVE LINE

BY

MAJOR J. L. WIER

Major J. L. Wier, now commandant at St. Johns School, Salina, Kansas, played football on the United States Military Academy team at West Point where he was rated among the best line men of his time. Since graduating from West Point he has had wide coaching experience, having coached a number of army teams and the line at the University of Southern California and at Drake University.—EDITOR'S NOTE.

POSITION means everything in life. This statement is especially true for a lineman who expects to be an important factor in every play staged by his team.

I have found by experience the position explained below to be a strong one. This is a position that will enable the player to get a quick start and give him power to force his opponent out of the play. Both feet point straight to the front, right foot in the rear of the left so that the right toe will be on the line with the left heel. Both feet and the lower part of the legs should be well under the body with the right hand on the ground and the left forearm resting on the left knee.

ball and the instant the ball is passed, charge forward (not upward), keeping their eyes on the lower part of the opponents' legs, thereby not offering their faces as a target, at which the defensive men may hammer.

A team is no stronger than its line, and a lineman must be content with opening holes, blocking and running interference, thereby making it possible for the backfield man to cross the line of scrimmage, make yardage and bring forth applause from his admirers. In order to open a hole large enough for a back to pass through, two men must be detailed for every opposing lineman in the vicinity of the play. It may be necessary to have a back

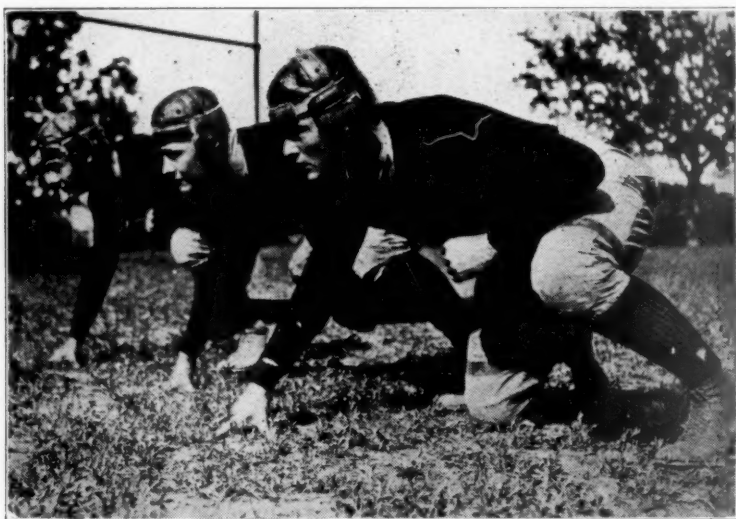


Illustration 1

(Illustration 1.) The weight rests on the right hand and on the toes of both feet; the back is straight and parallel to the ground. All players must keep their eyes on the

help in taking a tackle out of the play.

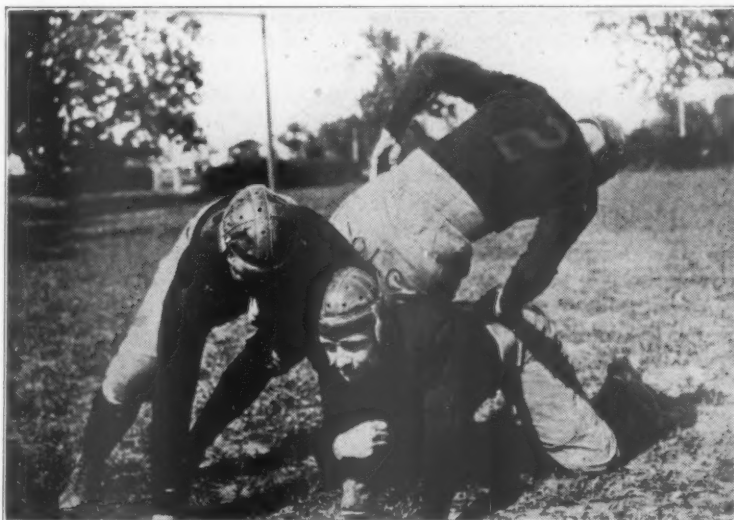
In opening holes I have employed two methods with a great deal of success. In the first method (Illus-

*Illustration 2*

tration No. 2), two linemen endeavor to carry the opponent back and to one side by locking his knees with their legs and the inside of their arms near their shoulders. In executing this play care must be exercised so that Rule 17, which applies to the illegal use of the arms, will not be violated. The second method is commonly known as the high and low block, and is very effective especially against the

defensive man who plays high. It is necessary that the man nearest the play should get a quick start. He should throw his body against his opponent just below the hip, and at the same time the other lineman dives at the opponent's ankle upsetting him in a direction away from the play (Fig. 3). It has been my experience that better results may be obtained by pushing a player away from the play than

(Concluded on page 23)

*Illustration 3*

THE SIX-MAN LINE OF DEFENSE

BY

CHARLES W. MAYSER.

Mr. Mayser was probably the first coach to use the Six-Man Line of Defense to any extent. His teams have always played this system of defense very successfully. He coached several eastern college teams with marked success and then for a number of years coached the Iowa State College Teams, where he now serves as Director of Physical Education.—EDITOR'S NOTE.

THE six-man line "box or square" defense is the result of the change in the football rules, calling for ten yards in four downs instead of five yards in three downs.

Coaches everywhere, remembering how difficult it was to gain five yards in three downs by carrying the ball through or around the scrimmage line, decided that it would be almost impossible to gain twice that distance with only one extra down added. At this time a most radical innovation, the forward pass, was added to the rules, seemingly to offset the handicap of gaining five yards in one down. Coaches reasoned that if a team had a hard task gaining five yards in three downs (an average of one and two-thirds yards per down) with seven men opposing them on the defensive scrimmage line, it would be almost impossible to gain ten yards in four downs (an average of two and one-half yards per down); they figured that by drawing one man away from the defensive line of scrimmage and placing him in a position where he could not only guard line plays but be a menace to the dangerous forward pass as well, the defense would be strengthened considerably. This idea of drawing a man from the scrimmage line and placing him back of his own line was not entirely new. There were teams which were playing their centers about a yard behind their line before the forward pass was legislated into the rules. It was demonstrated by Torrey of the University of Pennsylvania, who weighed only one hundred and sixty-five pounds, very light for a center in those

days, that a "floating" center playing a slight distance back, could not only guard his territory but the whole line as well. His work in some games was a revelation. Working along this idea, some coaches picked a center who had all of the qualifications of an end and placed him about four or five yards back of the left tackle; they placed the line full back, as he was then called, who ordinarily played back about five yards behind center, at a point about four or five yards back of his right tackle. The two half-backs were placed about five yards back of the two men ahead of them, forming a box or square formation. The defensive quarter, as he was then known, occupied the same relative position as before. The guards, too, were slightly drawn in and were cautioned to protect the territory between them.

The method of play differed very slightly from the orthodox style; the line men attempted to break through; the ends went in and hurried the execution of the opponent's offense, interfered with their interference getting under way, and allowed the passer little time to pick the man he wanted to pass to; in short, the ends acted like two badly behaved bulls in a China shop.

As was noted, there really are two lines of secondary defense, the center and line full-back, and the two half-backs. The first line, center and line full must be made to realize that they are responsible for all plays through, around or over the line and must not depend upon the line behind them. The second line must work in harmony with the first; they should never go in,

(Concluded on page 46)

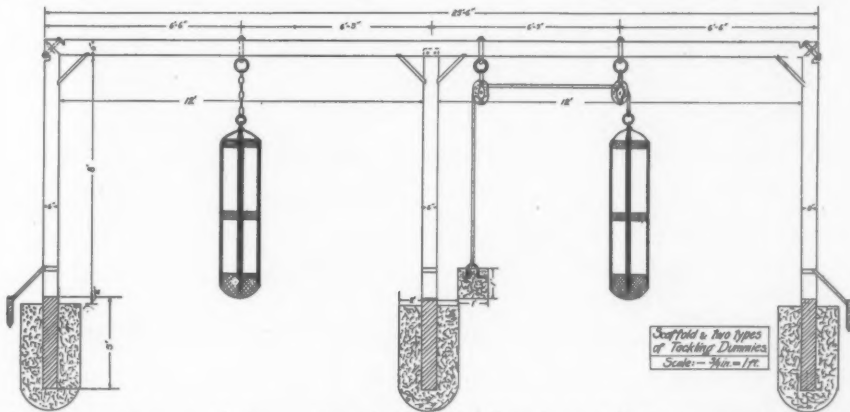
TACKLING

THE two most important fundamentals in football are blocking and tackling. It is just as reasonable to expect a ball team to win ball games when the members of that team can not field the ball or hit as to expect a football team to win when the men cannot tackle or block. There is nothing prettier in football than a good, clean-cut tackle in the open. Players, however, are not born with the gift of tackling but must acquire the art.

In the first place, every team should have a tackling dummy on which to practice. The following plan of the gallows on which the dummy is supported is suggested for coaches who may be in need of a plan of construction. This plan

The bottom of the dummy should be encased in leather to protect it when it drags on the ground. The leather straps which go around the dummy are about three inches wide and thick enough to wear a long time. The four straps which run lengthwise around the dummy are of leather $1\frac{1}{2} \times \frac{1}{4}$ inches. The pit in front of the dummy should be filled with sand or tan-bark.

In tackling the dummy the men should always hit it in as much the same manner as possible that they would tackle a man. The run to the dummy should be of about fifteen yards. The runner should keep his eye on the spot on the dummy where he will hit it with his shoulder. One of the big points in



shows two types of dummies, viz.: the swinging and the lifting varieties. It is well to provide both of these dummies for two reasons: first, they afford practice of a different character, and second, a larger number of men can work at the same time than can work on just one dummy.

The dummy itself should be made of old gym mats if these are available. If not, a canvas sack stuffed with felt or cotton padding will do. The dummy should be as long as a man's body or about five feet long, and as large around as the body of a man of average size.

tackling is to hit the opponent with the shoulder rather than to grasp him with one arm. When running toward the dummy it is well now and then to practice side-stepping and feinting. The reason for this is that a tackler can often confuse the man with the ball by faking to step to the right and by then stepping to the left. A good man in the broken field will employ these tactics on the man on defense and the tackler can usually get the advantage by using the same methods on the runner. Another point worth remembering is that by running with the feet well spread the man

will be in a better position to step quickly to the side, and further, can run lower than if he ran with his feet on a line as a sprinter runs.

At the moment of hitting the dummy the arms should be squeezed tightly around it and one wrist should be grasped by the other hand. The tackler should not dive for the dummy, but should have one foot on the ground at the moment of contact. The following

to tackle the runner in this area. A tackler should always keep his eyes open, not only because thus he is more apt to make a good, clean tackle, but also because frequently the runner will fumble the ball when tackled hard and in this case the tackler should be in a position to scramble after the ball.

There are two theories of tackling a runner in the open field from the side: one theory is that as the



picture illustrates the form in tackling the dummy:

Essential as practice in tackling the dummy is, players must also have actual practice in tackling other players. One good way to practice open field tackling is in punting practice. This gives the punter practice but likewise gives practice both to the defensive and offensive lines and the man who catches the punts, as well as his interferer, and further, provides splendid practice for the ends who go down under punts. Further, it is a good plan to have one man take the ball and run from one side line to the other, keeping between two ten-yard lines which will serve as side lines, then one man attempts

tackler is approaching from the left he should tackle with his right shoulder, that is, with his head behind the runner. The other theory is that he should tackle with his left shoulder and thus have his head in front of the man with the ball. Some argue that men will be injured if they employ this latter method, either because the runner will bump the tackler's head with his knee, or the runner will fall on the defensive man. However, the writer prefers this method for this reason, namely, that if the tackler misses his aim he will still throw his body in front of the runner and trip him up so that a teammate may be able to get him. Further, he has never seen a man seri-

(Concluded on page 22)

MUSCULAR CO-ORDINATION MOST IMPORTANT IN BOXING

BY

H. M. ("SPIKE") WEBB

Mr. Webb is Boxing Coach and Instructor at the United States Naval Academy, Annapolis. He was boxing instructor of the American Expeditionary Forces in France; coach of the United States Army team which won the Inter-Allied Boxing Championship in the Pershing Stadium in 1919. He coached the United States Olympic team of boxers which won the Individual Boxing Championship at Antwerp in 1920. His naval teams have won the Inter-Collegiate Boxing Championship for the last three years and in 1922 won the North American Collegiate Championship. He has promised to write further articles on the Fundamentals of Boxing.—

EDITOR'S NOTE.



THE ability to "follow through" is in most cases the final argument in boxing. The very keenest and most perfect ring strategy can do but little harm without the force behind the punch to see it through. And while skill excites great wonder and admiration, it alone is not sufficient to win, unless rendered actually visible by the force of the punches which it directs. Such punches as these do not have to travel far in order to produce dream-lulling effects. As a matter of fact, the most decisive punches travel but a short distance. The power of the punch is generated by the simultaneous action of every part of the muscular system applicable to boxing.

The boxer, in order to develop punching powers and speed, must perfect a system of muscular co-ordination. The muscles of the arms, legs, and body, in every move, must co-ordinate. This may be obtained through the use of combination exercises designed to employ simultaneously every part of the muscular system applicable to boxing. I know from practical experiences that nearly every boxer who cares to do so can greatly improve his punching ability. The knack of forceful punching comes

from two things—namely, practice and study.

Shadow boxing is an essential combination exercise—it not only develops the body symmetrically, calling all of the muscles into action, but creates mental alertness, and perfect physical co-ordination. This exercise should be made real as possible and the boxer should perform with snap and precision all movements required in actual boxing. Rope skipping, another splendid combination exercise, which brings into play every individual group of muscles, is a wonderful aid to the development of the agile movements of the legs. It assists enormously in building up one's physique. Bag punching, the combination exercise next in importance to shadow boxing, not only brings into play every group of muscles, but also develops that quickness of the eye and action so indispensable to boxing. The games of tennis and handball are other good combination exercises. They produce interesting competition, healthy diversion, and rejuvenating play for the boxer. One of the chief benefits of these games, as a form of training, is the constant speed demanded, the many angles from which the ball may be played, and the need for an accurate decision in an infinitesimal space of time—all of these make for the mental and physical betterment of the ring gladiator.

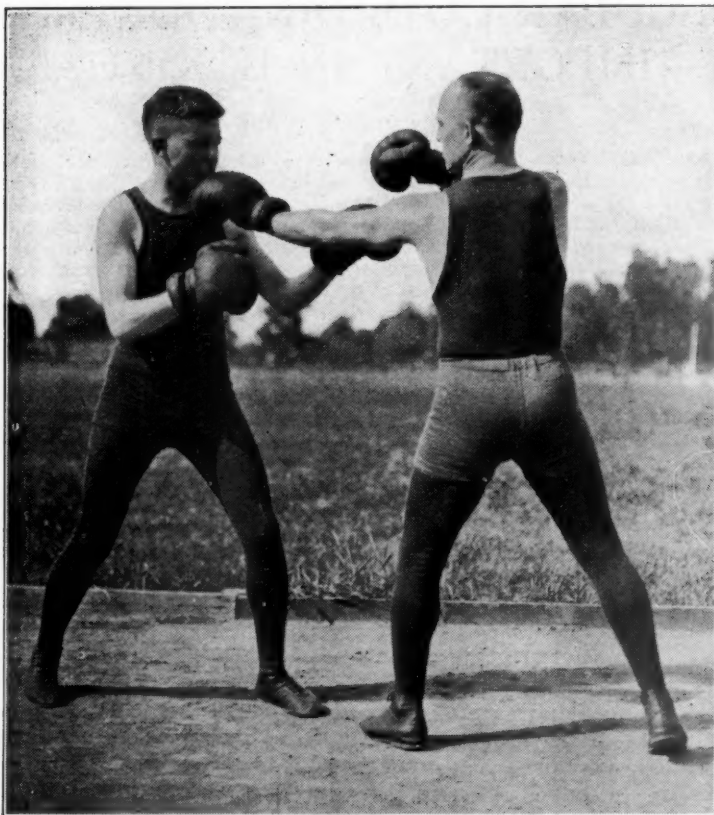


Illustration 1. Note that as the left hand lands the right hand protects the chin and the elbow protects the solar plexus. At the same time the right is in a good position for the follow up blow.

The boxer, along with other things, should learn the value of delivering a punch correctly. Always hit with the front of the knuckles. The wrist should be straight when landing so that there will be a straight line along the forearm to the knuckles. Learn to judge time and distance, so that the effort to land a punch will not be wasted. It is much better to spend considerable time in mastering straight punching thoroughly, than to waste it on swinging punches. Keep in mind that a straight line is the shortest distance between any two points and that the success of any punch depends upon its speed and unexpectedness. Do not try to deliver a knock-out punch each time, but reserve it until the proper open-

ing presents itself. Pay careful attention to the position of the hands and feet. The muscles should be relaxed and only tensed at the moment of punching. To make the punch more effective, allow the body to move forward simultaneously with the striking arm.

The one-two punch as the name suggests, is really the simultaneous delivery of two punches, namely, the left hand lead and straight right hand punch, or vice versa. James J. Corbett was, perhaps, the first boxer to introduce this double-punch, and its effectiveness is beyond doubt. Corbett, during his wonderful career within the hempened arena, made good use of the one-two punch. It is up to the

(Concluded on page 38)

STARTING POSITIONS

BY

GEORGE ("POTSY") CLARK

Football and Baseball Coach University of Kansas.

Mr. Clark played on two Conference championship football teams and two championship baseball teams. He is the only man who ever won four gold balls in the Western Conference. When in the army he played on both the football and baseball teams that won the championships of the A. E. F. He has had rare opportunities of studying football both from a playing and coaching standpoint.—EDITOR'S NOTE.

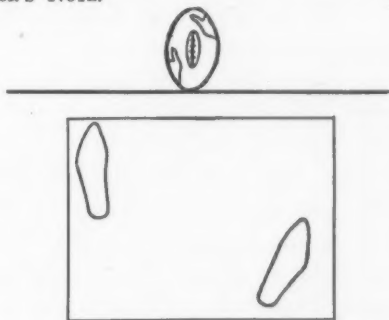
One of the first things that a coach must needs consider in starting his season's work is the starting position each man on the team must assume both on defense and offense. Some men have individual peculiarities which make it necessary for them to vary from the standard form in certain particulars, but, yet, there is a standard method which is correct for most men.

1. The Center Stance on Offense.

The following diagram indicates the position of the feet at the diagonal corners of an imaginary box. Most men should stand with the right foot in the rear, just as most sprinters start with the right foot behind. For the right-footed man this gives him better support and drive and, further, he is not so likely to strike his knee when passing

the ball back. This picture shows a left-footed center. That is, he starts with his left foot behind. Note the position of the hands on the ball. The arms are relaxed and the weight of the snapper-back is not allowed to rest on the ball. The feet are wide enough apart to give the center stability. Note that the rump is lower than the shoulders.

(Continued on page 16)



The ATHLETIC JOURNAL

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JOHN L. GRIFFITH, Editor

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THE PURPOSE OF THE ATHLETIC JOURNAL

At the beginning of the new school year the Journal desires to restate its purposes and aims.

In the first place, the Journal is a professional magazine which deals with things that concern the athletic coaches in the schools and colleges. There are approximately twenty thousand men in the United States who are receiving pay for athletic instruction in the educational institutions. The Journal aims to serve these men.

In the second place, it is to the schools and colleges that we must look first of all for the remedying of the national defects which the war showed existed. The men in charge of athletics and physical training in general should assume this responsibility. The Journal is pledged to help in this work.

In the third place, our competitive athletics in the past have been continually on the defensive. This is largely because the men in charge of athletics have not been so active as they should have been in safeguarding athletics, and because the public does not fully understand or appreciate how valuable our athletics are in the life of the nation. The Journal will continue to call attention to the benefits and values of athletics.

In the fourth place, there are certain evils which threaten athletics. These are not inherent in the system and the men in athletics must unite in eradicating these evils. We are committed to the task of waging war on everything that injures athletics.

In the fifth place, the Journal will strive to keep its readers informed regarding developments in the technique of coaching. A number of men prominent as coaches or players have agreed to contribute articles this year. These men do this for the good of the game, realizing that there is much bad football or basketball or what not played because of the ignorance of the players. Whatever is worth doing at all is worth doing well.

THE JOURNAL MOVED TO CHICAGO

The recent appointment of the Editor of the Athletic Journal to the position of Commissioner of Athletics of the Intercollegiate Conference is given editorial mention in these columns for two reasons: first, the duties connected with the office of Commissioner will necessitate the opening of an office in Chicago. This change, together with the growth of the Journal, will make it possible to move the Athletic Journal editorial rooms

to Chicago. The new address will be announced in the October Journal.

Further, we are pleased to announce that these changes will not necessitate a change in editorial policy nor limit the Journal's field of usefulness. In fact, the new duties and responsibilities which the Editor has assumed should result in widening the scope of the Journal and in opening up for it a larger field of service.

THE 1922 FOOTBALL SEASON

The present season of football promises to be the best in the history of the game. A large number of the schools and colleges have built new fields or enlarged their stands. Interest in athletics in general and football especially is increasing. The rules have been improved until now it is hard to see how the rules makers can make many more changes without injuring the game.

While it is true that a coach cannot win without proper material and school morale, yet he should do the best he can and make up by good coaching for whatever may be lacking in other respects. A football coach must have force of character to be successful: he must be energetic, determined, decisive, and he must know his business. Men who are weak and incompetent may continue to draw their salaries in some other professions, but a football coach who is not willing to sweat blood will not last very long.

The most successful coaches play the game according to the rules. This is not only the most expedient way, but it is the right way. At the beginning of the season every coach will do well to resolve to be on the square. If he is fair and honorable in all things, he will have the support and respect of the best people in the community and he will be a credit to the coaching fraternity.

There are certain things that are ultra important in coaching. The following list does not contain all of them, but it contains some that can hardly be over-stressed.

1. Do not neglect the fundamentals.
2. Pay more attention than your rivals do to fast charging.
3. Play the game according to the best school of thought.
4. Insist that the men practice in the same manner that you expect them to play.
5. Do not take anything for granted.
6. There is no royal road to success in football. The men and the coach must work harder than the other fellows if they would win.
7. There never was an unstopable play. Put more emphasis on blocking than on deceptive plays.
8. Hard tackling and victories go hand in hand.
9. The defensive line that charges through and thus carries the fight to the other team in that team's territory wins games.
10. You cannot win football games without a good line.

STARTING POSITIONS

(Continued from page 13)

2. The Preliminary Position for a Lineman on Offense.

As soon as the center is over the ball, the guards and tackles should be on the line. This means that they should be in position, resting on one knee with muscles relaxed. Illustration three shows a lineman waiting for the signals. Some men loaf back into position when they are tired. They should be taught to get into their places as quickly as possible and then to relax momentarily while waiting for the next play.

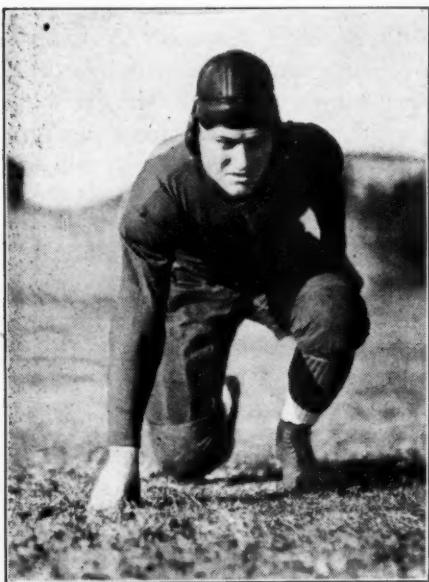


Illustration 3

3. The Stance for a Lineman when Waiting for the Charging Signal.

In Illustration four, the lineman is ready for the charge. Note that his feet are well spread, his right foot is braced behind, and his rump is lower than his shoulders. When he charges he will not throw himself at the opponent, but will step into him with all the snap possible, and still he will be in control of



Illustration 4

his body so that he can follow up his charge with the customary secondary movements.

4. The Stance for an End on Offense or Defense.

Illustration five shows an end in

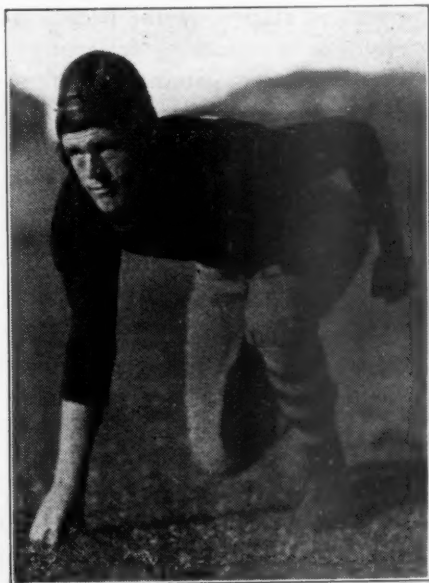


Illustration 5

position for either an offensive or defensive play. This position is very much the same as the sprinter's starting position and is hard to improve upon. Some men rest the left forearm on the left thigh, but it is possible to obtain more drive with the arm as shown in the picture. The left arm drives forward with the first step with the right foot.

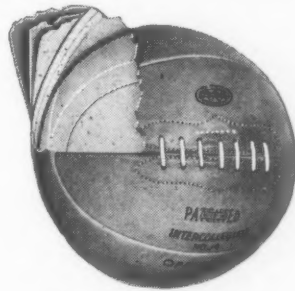
On defense it will be the duty of the end either to charge straight forward for three steps or to play



Illustration 6

the smashing end defense. In either case he should start as quickly as possible. This is a point that both linemen and backs will do well to remember. The back-field man's stance should permit a quick start forward or to either side. See Illustration 6. For that reason the feet should be nearly on a line. The lineman's charge is almost always straight ahead and, consequently, he may more closely follow the sprinter's position. The coach should continually caution the backs not to give the play away by movements of the body, legs, or eyes.

6. The Starting position of a Lineman on Defense.



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Illustration seven shows the proper position of the defensive lineman. The best method of playing in the line on defense is by the so-called high defense. Sometimes a small man can not play this defense safely and will need to start from a crouching position. Note that the defensive man is in a position to charge forward without straightening up. His hands are in front of his body in a position of

his blows from well out in front of his body. The blow that the defensive lineman strikes is very much the same as the right and left jabs delivered by boxers with this exception, that as the blow lands it is followed by the body drive.

7. The Stance of the Backs on Defense.

The backs on defense should stand up so that they can diagnose the plays. One very important thing



Illustration 7

readiness to protect his legs. A lineman should feint with his hands just as a boxer does, but he should be careful not to draw his hands too far back. Some coaches insist that the hands be held still in front of the body for fear that the man on offense will charge when the hands are being drawn back. If this reasoning is good, then a boxer should not feint, but should start

for them to remember is that they should stand with their muscles relaxed while waiting for the play. The back who is tense and set will be easily fooled. For instance, if a fullback on defense is too highly strung he will invariably be fooled on split bucks and a halfback who becomes over anxious will be tricked on fake runs followed by forward passes.

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The Function of College Athletics and Some Things That Are A Menace

BY

FIELDING H. YOST

Fielding Yost is one of the outstanding characters in American College athletics. For twenty-two years he has coached the Michigan University football teams and for more than a year has served that same University as Director of Athletics. In addition, he has been a director in twenty-six business corporations, where his integrity, energy, business judgment, and foresight have made him a dominating factor. The following outline prepared by him is a wonderfully concise statement of athletics which should be carefully studied by every coach.—EDITOR'S NOTE.

I. THE RELATION OF ATHLETICS TO COLLEGE LIFE.

A. Boys go to college, or are sent to college by their parents, primarily, to obtain a better education and to become better fitted for life.

1. Athletics are, and should ever remain, a contributory factor to this main object of college training.
2. When a program of athletics is made an end in itself, a large part of the benefit ordinarily derived from it is immediately lost.
3. In order that the main purpose of a college training may not be lost sight of colleges should carefully control their athletic programs:
 - a. A schedule should not be drawn up that would require a team to spend too much time on trips away from home. This necessitates absence from classes, thereby working against the chief purpose of the college.
 - b. Practice sessions of too long duration should not be permitted since they unduly interfere with a boy's study time.
 - c. Care should be exercised that the seasons are not unduly prolonged.
 1. This takes more time for athletics than they should rightfully claim.
 2. Extended playing seasons tend to develop into "barnstorming" tours, which, in turn, foster the ideas of commercialism and professionalism in athletics.
 3. No coach can afford to lose sight of the main purpose of a college training or of the proper relation of athletics to that purpose.

B. Under proper control athletics have a very important part to play in the training of our young college men.

1. Many lessons that are a valuable part of a college man's preparation for life can better and more easily be learned on the athletic field than anywhere else.
 - a. The sacrifice of self to a group or institution for the attainment of a common goal is the first lesson taught by athletics. This means co-operation, team play, loyalty and service.
 - b. The qualities of determination, will power, persistence, and courage, both physical and moral, can no where be better learned than on the athletic field.
 - c. The ability to summon all of one's forces, physical, mental, and moral, to work together in smooth co-ordination for the accomplishment of a given task, and the initiative necessary to direct these forces, are attributes very strikingly developed by athletics.

- d. Self-confidence, self-control, poise, alertness, aggressiveness—these qualities, and many more, are brought out by athletics.
- 2. Not only the participants in varsity competition, but all the students of a school benefit by a well conducted program of athletics.
 - a. Intercollegiate athletics create and, to a large extent, maintain the interest in athletics in general, thus furnishing not only the example but also the incentive for the participation of the great number of students who play on the minor teams. In the year 1920-21 there were 4,068 students in Michigan who engaged in some of the various intra-mural sports. Add to this number those who play on the freshman and reserve football, baseball, track, basketball, and tennis teams, and the total represents quite a large percentage of the student enrollment. All of these profit by the recreation and physical exercise and their attendant benefits. To say this benefit would have been as great, or would have accrued to any where near as many, had there not been the incentive and support of intercollegiate athletics would be to deny an obvious fact.
 - b. Athletics benefit even those who do not participate at all.
 - 1. By the examples before them, all tend to hold in higher esteem the qualities of determination, service, loyalty, et cetera which are fostered by athletic competition.
 - 2. Athletics bring the entire student body together and focus the attention of every individual on one particular object. The inspirational value of thus feeling to be a part and parcel of so great a throng is intangible and not measureable, but is none the less real.

II. THERE SHOULD BE MORE EQUALITY OF COMPETITION IN ATHLETICS.

- A. It is unequal and unfair competition when two schools meet which have different rules of eligibility as regards the amount of college work carried and as regards the necessary standing of athletes in scholarship.
- B. It is unfair competition if one school permits freshmen to play on varsity teams and the other does not.
- C. It is unfair competition if the time allotted to practice differs in the opposing schools.
- D. It is unfair competition when the opposing teams vary in the number of games played each year.
 - 1. A football team with an eleven-game schedule has an advantage of over fifty percent in experience over the teams with a seven-game schedule, and, if on the same team freshmen are permitted to play, the advantage is over 100% since the total number of games engaged in, in a college career, by a player on the one team would be 44, while on the other only 21.
- E. No university should be permitted, or should it want, any of these advantages. Uniform rules and equality of competition are essential to the future standing of college athletics and they should exist between all contestants.

III. MENACING INFLUENCES TO COLLEGE ATHLETICS.

- A. Too many games and too much time away from home.
 - 1. This defeats the main object of a college education by re-

(Concluded on page 26)

Q. In a relay race, if a runner falls exhausted before he reaches the touch-off zone, may the next runner go back and get the baton?

No. Rule 33, Section 2, states "that the baton must be actually passed in the 20-yard zone and not thrown or dropped by the contestant and picked up by the one succeeding him."

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TACKLING

(Concluded from page 10)

ously injured because of tackling in this manner. The following picture illustrates these points: the runner is raising his knee in such a way that apparently the tackler will miss or be injured if he tackles with his left shoulder. However, under actual conditions this point is not accentuated, and a front

the thing that seems right at the moment of making the tackle.

After all, the main thing in tackling is to hit the opponent as hard as possible. Weak, insipid tackling will lose football games, but hard, determined tackling will do more than anything else to take the heart out of the offense. In conclusion, no matter how much football a man



tackle will succeed more often than a rear tackle. In this connection, men frequently will not have time to determine the manner in which they will bring down a fast side-stepping back, but rather will do

has played he will need to practice tackling just as much as Babe Ruth will need to practice batting and nothing will pay greater dividends in football than the right kind of tackling all through the game.

QUESTIONS AND ANSWERS

Q. When did the spiral pass originate and who was the first to use it?

It is hard to say who first used the spiral pass since probably a number of coaches worked this out about the same time. In 1905 Fielding Yost, of Michigan, published a football book in which the spiral pass is described.

Q. When is it advisable to use the smashing end on defense?

Use a smashing end against fast backs provided the defensive ends are smart enough not to allow the man with the ball to get to the outside. The reason why this is recommended is that the best way to stop elusive backs is to get them before they get started.

THE OFFENSIVE LINE

(Concluded from page 7)

by trying to push him straight back. In the latter case it is possible for a man to fall into the holes just made and upset the play. Whereas, if he is pushed away from the play and checked for a moment he can offer but little trouble. In illustration (No. 3) the men on offense are using their arms illegally in holding the opponent's legs.

In running plays outside of tackle most coaches use at least two linemen for interference. The importance of this fact should not be overlooked when outlining a play. With a little training all linemen can be made effective blockers which will add fifty per cent to the strength of their play.

It is evident that the team that has a line well coached in the art of blocking and opening holes is a team that will win a majority of its games. In a great many of our colleges and secondary schools a lineman is given little or no individual coaching. He is simply told where a play is going without being shown how to take care of his man. Coaches cannot win games by having a lot of formations and plays, spending all of their time on their back fields and neglecting their lines.

Start your season right by spending at least forty-five minutes a day with your linemen. See that they take the correct position on offense, know something about opening holes, blocking, getting out of the line and running interference. These important facts can not be taught to a lineman by reading them to him out of a book. You must put on the old uniform again, take your position with him and show him by example how it is done.

Q. What is the advantage of constructing playing fields and running tracks with a foundation of crushed rock?

The water will drain off quickly.

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by

CHARLES W. BACHMAN

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| | |
|-------------|---|
| Chap. I. | Equipment |
| Chap. II. | Conditioning |
| Chap. III. | Injuries |
| Chap. IV. | Mechanical Devices |
| Chap. V. | Falling on the Ball |
| Chap. VI. | Tackling and Blocking |
| Chap. VII. | Punting, Place and Drop Kicking |
| Chap. VIII. | Forward Passing |
| Chap. IX. | Receiving of Punts and Passes |
| Chap. X. | Open Field Running |
| Chap. XII. | How to Play the Various Positions and qualifications for the same |
| Chap. XIII. | Offensive and Defensive Line Line Play |
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The Function of College Athletics and Some Things That Are a Menace

(Concluded from page 20)

quiring the student to be absent from classes over too long a period.

B. Post season games.

1. The football season should close by the last Saturday in November.
2. Games on the western coast, on the eastern coast, and in the orient after the regular playing season is over will gradually develop into a competitive "race across the continent."
 - a. As soon as one school goes others want to follow.
 - b. Where will it stop? Without active influence to check this tendency to "go to the coast" it would not be long before every one would be wanting to do it.

C. Professional Football.

1. The influence of professional football on the college player is exceedingly detrimental.
 - a. It tends to make him dissatisfied to play the game for its own sake.
 - b. Professional athletics are to be blamed, in part, at least, for the critical attitude so many students, alumni and others are assuming toward the players who are representing them on college athletic fields. Criticizing the play of an individual or the team by fellow students or alumni is a wrong attitude. It is ingratitude—the men representing them on the team are giving their very best possible efforts for their university which is more than those criticizing are doing.
2. Professional football robs the great American game of many of its greatest character building qualities.
 - a. The ideas of generous service, loyalty, sacrifice, and whole-hearted devotion to a cause, are all taken away.
 - b. The game is robbed of the exhilarating inspiration of achievement, merely for achievement's sake.

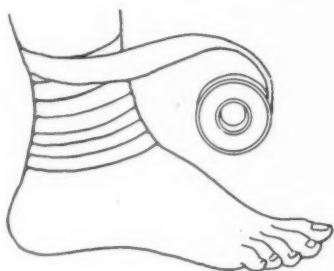
D. Proselyting and "Recruiting."

1. This tends more than anything else to give a youth the wrong attitude toward college athletics. His own athletic prowess tends to become for him a "marketable commodity" rather than a source of recreation, or a means of self expression.
2. It introduces into athletics a spirit of commercialism.
3. There is no place for this in our colleges.

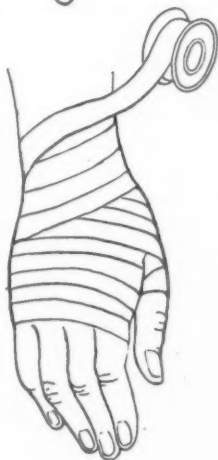
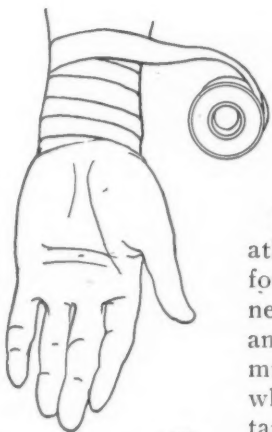
E. Those who love athletics and those who have in their hands the guiding of this very important phase of college life must ever be on guard to keep our great American college game of football clean from any of the influences that threaten to destroy it.

The enemies of college athletics must not be furnished with any just cause for criticism.

A coach or an athletic director must never permit himself to be dwarfed into the narrow perspective of a "win-at-any-price" policy. He must keep ever before him the great purpose of athletics in our colleges and must strive always to further that purpose. This is a job requiring the best efforts of clear-headed, keenly alert, courageous men, who will take to their tasks every faculty within their power properly to prepare young men for life.



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A YEAR'S PROGRAM

BY

JOHN L. GRIFFITH

A number of the subscribers to the Athletic Journal have suggested that the Editor of this magazine could serve the school and college Directors of Physical Education by publishing each month in the Journal an outline of the activities to be followed by classes in required work. Following is a suggested program for September. Outlines for the succeeding months will be printed in order.

Purpose and Plan.

This outline is designed for a class which meets two times a week. The class periods, it is assumed, will be forty-five minutes long. The exercises may readily be shortened or lengthened to meet the conditions, and further, may be repeated if the class meets three times a week.

The season and weather conditions have been considered in the arrangement and progression. For instance, the games for aggressiveness are best combined with mass football. Further, these personal combat games are arranged to come in the fall because they are better played on the grass as a matter of precaution against injury than on the gymnasium floor.

The day's work is divided into three parts: first, setting up drill; second, group games; and third, fundamentals of highly organized athletics. When a student has completed his year's work he should have made some progress in acquiring the following results:

Erect and self-respecting carriage of the body, a fair degree of strength and endurance, neuromuscular control as shown in prompt and accurate response to a command, graceful and effective movements in doing certain things that may be useful in emergency.

Self-confidence, alertness, resourcefulness, decision and perse-

verance, courage, aggressiveness, and initiative.

Self-control, mental and moral poise, good spirits, co-operation and friendliness, obedience, subordination, self-sacrifice, loyalty, capacity for leadership, a spirit of fair play, sportsmanship, the ability to lose without sulking and win without boasting.

Some knowledge of and ability in football, baseball, basketball, track and field athletics, boxing, and wrestling.

Organization.

The class should be assembled first in regular formation for roll call. It should then take position for calisthenics. Keeping the same formation the class may then be quickly formed for the group games and at the conclusion of these the files may be assembled for the highly organized athletics. Squads of ten or twelve men should constitute a file and it is well to have one of the men act as squad leader for each file.

Equipment.

Very little equipment is needed for carrying on this work. Frequently the men can provide their own equipment and a great deal of it may be made by a janitor. It is not necessary that the members of the class be provided with football uniforms, baseball uniforms, and the like. Some old clothes will suffice.

Program by Days.

1. First Day.

Physical Efficiency Test.

This test should be given to all of the members of the class to ascertain what men cannot pass the minimum requirements. Events—100-yard run in 14 seconds; running broad jump—12 feet; climb an 8-ft. fence starting from a still hang; and throw a baseball from home to second so that a man

standing on second can catch it. The men should compete in ordinary street clothes.

2. Second Day.

A. Calisthenics.

- a. Arms sideward. Raise—Lower. Repeat 10 times.
- b. Hands on hips as a starting position. Place. Raise the left knee forward. Place 1. Lower 2. Repeat for 8 counts, same right.
- c. Hands on hips as a starting positions. Place. Raise the chest, draw the chin in. Command, bend the upper trunk backward, 1. Return 2. Taken slowly and with forceful, drawn out command 8 times.
- d. Rise on toes 1. Lower 2. Taken on command only.
- e. Rocking horse: Pupils sit on floor with hands on hips, then lower the trunk backward and at the same time raise the feet off the floor. Return by raising the trunk and lowering.
- f. Running in place.
- g. Inhale—Exhale. Deep breathing.

B. Group Games for Aggressiveness.

- a. Hand Wrestle. Formation: two ranks.

Front rank faces about and each man faces an opponent. Men stand with right feet advanced and

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clasp right hands. At starting signal each tries by twisting and pulling or pushing to make opponent shift a foot from its position on the ground.

b. Modifications.

Men in the front rank on offense place right feet forward and right hands on opponent's chests. Rear rank on defense place right feet forward but keep arms to sides and resist with body only. At the starting signal the front rank attempts by pushing to cause the defensive side to move feet from position. Left feet forward and left hands on chests of opponents. Either foot forward and both hands on opponents' chests. Sides reverse.

C. Mass Football.

Only the fundamentals in football which can be played by men wearing old clothes if they do not have football clothes or pads are suggested. The only equipment required is a number of footballs, a pile of sand or a pit of loose dirt, and a tackling dummy made of an old gymnasium mat or a sack stuffed with hay or straw.

The class should be divided into sections of twelve men each.

Divide the sections and form the half sections facing each other. Pass the ball back and forth, using a ball for each section. This is to accustom men to handling the ball. Next form men in a circle and count off by two. Give a man with number 1 one ball, and a man with number 2 another ball. The men numbered 1 pass to each other in order and

those numbered 2 pass to each other around the circle. The object is to try to have one ball thus passed overtake the other one.

3. Third Day.

A. Calisthenics.

- a. Arms forward, Raise—Lower. Repeat 10 times.
- b. Hands on hips starting position. Raise left leg forward 1. Lower 2. Repeat 8 times. Same right.
- c. Same as Ex. 3, Lesson 1. Hands in front of chest as starting position. Elbows shoulder high and drawn back.
- d. Hands on hips. Place. Bend trunk forward 1. Straighten 2, very slowly.
- e. Hands on hips. Place. Bend knees deep 1. Straighten 2. Very slowly sit up straight.
- f. Running in place with knee raising forward.
- g. Inhale and Exhale. Deep breathing.

B. Group Games for Aggressiveness.

- a. Pull over the line. Formation: two ranks.

Draw a line between the ranks and face front rank about. The men approach each other, clasp hands, and at the starting signal each attempts to pull the opponent over the line. Sound signal for end of the contest and count number of men pulled across the line by either side. The side that pulled the greatest number across the line wins.

- b. Modifications.

Opponents clasp left hands.

Opponents clasp both hands.

Each man laces hands back of opponent's head. Neck should be kept stiff.

C. Mass Football.

Practice handling the ball as in the previous lesson and then practice a one handed under-hand pass to a distance of about ten feet, using the section plan of formation.

4. Fourth Day.

A. Calisthenics.

- a. Swing arms backward 1. Return 2. Repeat 10 times.
- b. Jump to side stridestand 1. To a close stand 2. Taken in fairly fast rhythm.
- c. Hands on shoulders. Place. Bend trunk left 1. Straighten 2. Same right. Eight times to each side, fairly slowly.
- d. Alternate knee raising forward. Left and right. Raise left knee 1. Lower 2. Right 3. Lower 4.
- e. Fall to lying rearways, flat on your back. Rise to a stand. Jump. Repeat 5 times.
- f. Running in place by swinging the foot backward.
- g. Deep breathing.

B. Group Games for Aggressiveness.

First practice games for preceding days.

Push over the line. Formation: two ranks.

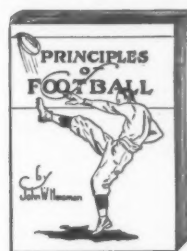
Draw a line between the two ranks and face front rank about so that each player has an opponent facing him. Draw lines five feet back of each rank. Opponents place hands on each other's upper arms. At starting signal each man attempts to push his opponent back across the line behind. When the signal sounds for end of the contest count the number of men pushed back across the back line. The side that has pushed the

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greatest number across the back lines wins.

C. Mass Football.

Using same formation as in previous lessons, practice forward passing. At first pass a short distance and later widen the gap and pass for greater distances. Use the overhand pass and when the ball is thrown for some distance insist that the spiral pass be thrown.

5. Fifth Day.

A. Calisthenics.

- a. Swing arms sideways and upward 1. Lower 2. 10 times.
- b. Hands on hips. Place. Lower the head forward 1. Raise 2. Same to either side and backward.
- c. Hands on hips. Place. Rise on toes 1. Bend knees deep 2. Return 3 and 4. Slowly.
- d. Side stride stand, hands on hips. Jump. Bend the trunk forward 1. Straighten 2. 8 times. In position. Jump.
- e. Raise the left foot backward and grasp the foot with left hand. Hopping in place. Begin 1-2-3-4-etc. Same right.
- f. Same as Ex. 5. Lesson 3. Increase speed for quick reaction.
- g. Deep breathing.

B. Group Games for Aggressiveness.

Practice games for preceding days.

Pull into the circle. Formation: Circle.

Around a circle about six feet in diameter (depending upon the number of players) drawn upon the ground. The players take positions facing in with each man's arms locked about the shoulders of the man on either side.

At the starting signal all pull trying to make some player step into the circle. As fast as a man is forced to step over the line into the circle, he drops out and pays a penalty by running to some distant object and back again. As the men come back from paying the forfeit, they again take their place in the ring.

C. Mass Football.

For each section, form men in a file. One man acts as a center and another as a quarterback. As the center passes the ball to the quarterback the head man in the file starts from a halfback position, receives the ball from the quarter and bucks an imaginary line. He then returns, hands the ball to the center and falls into position in the line.

Practice hitting both sides of the imaginary line and teach proper method of receiving the ball from the quarter.

6. Sixth Day.

A. Calisthenics.

- a. Hands on shoulders. Place. Straighten left arm side-ward 1. Return 2. Right 3. Return 4. 10 times each.
- b. Alternate leg swinging, left and right forward. Swing left leg forward 1. Return 2. Right 3. Return 4.
- c. Place hands in rear of neck, as a starting position. Lower trunk forward 1. Raise 2. Back flat, head up.
- d. Hands on hips. Place. Turn trunk left 1. Return 2. Same right. 8 times each side.
- e. Bend knees deep and place hands on floor, between the knees, 1. Straighten

- the legs backward 2. Return 3 and 4.
- f. Deep breathing.
- B. Group Games for Aggressiveness.
- Practice games for preceding days.
 - Crossing No Man's Land.
Formation: In single file.
Two goal lines are drawn twenty-five to fifty yards apart. The players take position on one line and one man who is "IT" stands half-way between the line. When "IT" gives a signal the players attempt to run to the other goal line without being tagged by "IT." Those who are caught assist "IT" in catching the others. The game continues until all are caught.
- C. Mass Football.
Use the same formation as in the preceding lesson except that the quarterback is dispensed with. The first man who simulates a left halfback receives the ball on a direct pass from center for a run to the right. Next shift and run to the left.
7. Seventh Day.
- A. Calisthenics.
- Bend arms to strike from head 1. Return 2. Bend the elbows with fists about 2 inches above the head.
 - Bend arms to thrust at the shoulders (same as hands on shoulders but hands clenched to fist, elbows down at the sides). Bend upper trunk backward 1. Return 2.
 - Swing the left leg side-ward 1. Return 2. Same right.
 - Hands on shoulders. Place. Bend trunk forward 1. Straighten 2. 8 times.
 - To a position reclining

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rearways. Fall. Left leg forward, upward. Raise—Lower. Same right. 8 times.

f. Jumping in place, with hands on hips to start.

g. Deep breathing.

B. Group Games for Aggressiveness.

a. Practice some of the preceding games.

b. Pull off the ground. Formation: two ranks.

Front rank faces about so that each man has an opponent facing him. Players take position seated on the ground, each man with his feet braced against his opponent's feet, knees bent and with arms between knees, gripping hands of man opposite. At the starting signal each attempts to pull the opponent off the ground.

c. Modifications.

Men grasp stick or cane.

C. Mass Football.

Use the file formation with a center and right end. The head man in the file takes the ball on a direct pass from center, runs to right and passes to the right end, who goes straight down the field a short distance to receive the pass. The end then lines up in the file and the passer becomes the end.

8. Eighth Day.

A. Calisthenics.

a. Swing arms side upward, clapping hands over head
1. Swing side downward, slapping thighs
2. Repeat 10 times.

b. Alternate leg swinging. Left and right sideward. Swing left leg sideward
1. Return 2. Right 3. Return 4.

c. Hands on hips. Place. Raise left knee forward 1.

Straighten leg forward 2. Return 3 and 4.

d. Lunge left sideward 1. Return 2. (In the lunge raise the straight leg sideward, place the foot on the floor about 3 feet distant, bending the knee. As you place the foot, the opposite leg is straight, trunk erect.

e. Same as Ex. 5, Lesson 7. Increase speed.

f. Jump forward and backward, with hands on hips.

g. Deep breathing.

B. Group Games for Aggressiveness.

a. Practice some of the preceding games.

b. Rooster Fight. Formation: two ranks.

Front rank faces about so that each player has an opponent facing him. Men in each rank take intervals of four feet between players. Each player grasps either of his own feet with both hands behind his back. At the starting signal players hop forward and charge into opponents with the object of either pushing them over or of causing them to put the raised foot on the ground. The players who are overthrown or who put the raised foot on the ground drop out and the game continues until all of the players on one side are eliminated.

c. Modification.

Players fold arms with one foot raised.

C. Mass Football.

Snap the ball back from center. Each man in the section is given instructions in passing the ball between his legs, first to a quarterback and later to a punter.

Q. Last year I was a Freshman in "A" University, which is a member of the "Big Ten" Conference. I had a chance to play ball this summer on my home-town club. This club charges admission to its games and uses the money for the legitimate expenses of the club. None of the players receive any money for playing ball. If I had played on this team where admission was charged, would I be ineligible to play on my Varsity team this Fall?

Yes. The Western Conference Directors agreed to interpret playing on a Summer ball team where gate fees were charged as a violation of the amateur rule.

Q. Is there any rule which prohibits college men from playing baseball or football for money?

No. But most conferences have a rule to the effect that men who do engage in athletics for pay should not be eligible to play on college teams.



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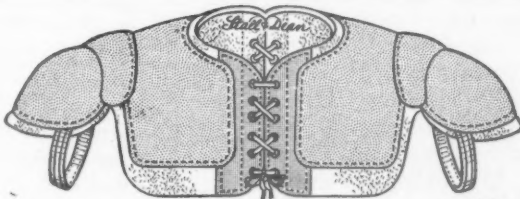
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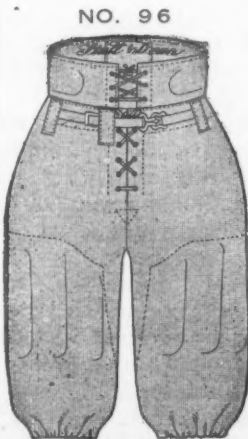


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BY
GENERAL PALMER E. PIERCE

President of the National Collegiate Athletic Association.

General Pierce is one of the outstanding men in amateur athletics in the United States. Ever since the organization of the National Collegiate Athletic Association he has served as President of this important body excepting the time that he spent in France with troops. He has been one of the leaders in forwarding the National Amateur Athletic Federation of America and is at present one of the Vice-Presidents of this Federation. He serves both of these National bodies with which he is identified, gratuitously because he believes in amateur athletics. The Journal believes in the N. A. A. F. of A. and endorses its aims and purposes.—EDITOR'S NOTE.

IN December, 1920, the delegates at the annual conference of the National Collegiate Athletic Association passed a resolution favoring the formation of a federation of amateur athletic bodies. This federation was finally accomplished at a meeting held in Washington, D. C., May 8, 1922, when representatives of the following amateur sports bodies met to give consideration to this important subject:

U. S. Army, U. S. Navy, Amateur Athletic Union, National Collegiate Athletic Association, Young Men's Christian Association, Boy Scouts of America, American Physical Education Association, Playgrounds and Recreation Association, Jewish Welfare Board, Young Men's Hebrew Association, U. S. Lawn Tennis Association, U. S. Golf Association, American Gymnastic Union, Intercollegiate Amateur Athletic Association, Girl Scouts of America, Campfire Girls, National Rifle Association, Bureau of Education, National Education Association and American Olympic Association.

As a result of the conference the constitution and by-laws was adopted which describes the mission of the organization to be: "to create and maintain in the United States a permanent organization representative of amateur athletics and of organizations devoted thereto; to establish and maintain the highest ideals of amateur sport in the United States; to promote the development of physical education;

to encourage the standardization of the rules of all amateur athletic games and competitions, and the participation of this country in the International Olympic Games." It is also provided that the Federation shall endeavor to:

- (A) Unite all organizations of a permanent character which are national in scope, and which are actively interested in the promotion of amateur athletics and other forms of physical recreation.
- (B) Aid the constituent organizations of the Federation in their efforts to improve and place wholesome physical activities within the reach of all.
- (C) Study the best methods of furthering the development of the physical, social, and moral well-being of all classes of individuals through participation in wholesome physical activities.
- (D) Educate its constituency in particular, the public in general, regarding the function and value of physical activities when properly conducted.
- (E) Adopt, formulate, and publish principles, standards, and rules governing the games and events to be promoted.
- (F) Encourage all forms of amateur athletics and pas-

times, and through the constituent organizations, or as a federation, if the same is advisable to promote and stimulate state, sectional and national championships.

- (G) Foster interest in the International Olympic Games and encourage the participation of representatives of the United States in these events."

The above quotation indicates the national scope, ambitions and purpose of this new organization and shows that in a measure it is a

union of existing amateur athletic agencies, rather than the creation of new ones. It will co-ordinate the efforts of the amateur athletic bodies of the country for the promotion of physical education, athletics and high ideals of sportsmanship.

Article XIII provides the following plan of organization:

"In addition to functioning through its national constituent organizations, the Federation shall promote the organization of state and regional federations, which shall function and have jurisdiction within their respect-

(Concluded on page 39)



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MASSACHUSETTS

Muscular Co-ordination Most Important In Boxing.

(Concluded from page 12)

boxer himself through hard, earnest training to master the intricacies of the one-two punch. It takes concentration of mind on one's work, a keen eye and certainty of purpose to become a double

previously held in a position for attack or defense, follows through, thus completing the one-two punch. Both punches are delivered in an infinitesimal part of a second.

The one-two punch may also be used against an opponent who keeps constantly boring in. In the illustration my partner (Charles Waggoner, Inter-collegiate bantam-



Illustration II. As the right lands in the one-two punch the left is drawn back so as to protect the chin or body.

puncher. The one-two punch is generally delivered by stepping forward and at the same instant striking out with the left hand, the punch landing on the chin just as the left foot reaches the floor. Immediately after the left hand connects, the right hand, which was

weight champion boxer 1920-21) attempts to bore in and is stopped by a straight left hand punch. Before he can recover, the right hand punch goes over. Immediately after the left hand strikes, withdraw it to protect the face and body.

(Concluded from page 37)

ive territories. Such Federations shall embody in their constitutions the basic principles of this constitution."

Further scrutiny of the constitution will show that the administration of its affairs will be simple and direct. All control is vested in a board of governors, which consists of representatives elected by the constituent organizations. An excellent provision is the one that permits the Board of Governors to elect a number of members at large, not to exceed one-half of the number of those representing the constituent organizations in the Federation. Each member of the Board of Governors is entitled to one vote only.

It is provided that the Executive Committee, consisting of the officers and seven additional members, shall have all the powers of the Board of Governors when the latter is not in session, except as otherwise specifically provided in the Constitution and By-laws.

The following articles set forth the basic principles of the Federation:

Article X:

(A) An amateur is one who engages in sport solely for the pleasure and the physical, mental and social benefits he derives therefrom, and to whom sport is nothing more than an avocation.

(B) Under this definition, individuals ineligible for amateur competition are those who have:

1. Taught or coached athletes for pay.
2. Competed under a salary or for a fee.
3. Competed for a cash prize or for a staked bet.
4. Competed for or accepted inducements other than approved medals or trophies.
5. Competed for or accepted reimbursements exceeding actual expenses involved as a competitor.



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11. Promoted amateur contests for personal gain.
12. Being a party to any attempt to induce an amateur to dishonorably violate his standing as an amateur, and have not had ineligibility removed by competent authority.

Article XI:

(A) The spirit of amateurism carries with it all that is included in the definition of an amateur and much more. It stands for a high sense of honor, fair play and courtesy, on the part of the participants, hosts, guests, officials, and spectators. It stoops to no petty technicalities to twist or avoid the rules or to take an unfair advantage of opponents.

(B) It implies a recognition of the marked influence of athletics in developing organic vigor, physical fitness, intellectual efficiency, moral qualities, and social habits. It seeks to increase their value by exalting the standards of all sport.

(C) It is opposed to all practices which are harmful to individual or to amateur athletics in general. It recognizes the need of wise organization and supervision of athletics and co-operation in making these efficient.

The striking thing about this newly formed athletic body is:

Its clear and complete annunciation of its purposes and the principles of amateurism which shall govern all the constituent organizations. When the National Amateur Athletic Federation of America is completely formed and functioning it will stimulate athletic and health activities of the nation, beginning in the villages and working up through the states to the whole nation itself. Athletic competitions will become keener because they will be developed along political lines and they will be more beneficial, because more efficiently controlled and directed.



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BY

MAJOR C. D. DALY
United States Military Academy

Major Daly, if not the greatest quarterback, was one of the greatest quarterbacks that ever played on an American gridiron. He first played at Harvard and later at West Point. He has coached a number of Army teams and both as player and coach has always exerted a constructive influence on football. He is President of the American Football Coaches' Association, an organization that he founded. We may expect much good from this association.—EDITOR'S NOTE.

ATLETICS are the glory of our American colleges. They constitute a broad purifying stream flowing about the youth of the nation. They rescue the college lad from weak indolences of the flesh and constitute a character building disciplinary agent during youthful years when the control of higher authority, to put it mildly, is not of the strictest. In a college curriculum that has many defects, athletics in general stand out as the pre-eminent positive agent for better citizenship and better manhood.

Football is the greatest of our athletic sports. It is a war game, answering to all the great technical principles of war. Morale, will, and discipline are its watchwords and they spread their powerful influence broadcast through college life, organizing, controlling and inspiring undergraduates and alumni alike. The ready subordination of American youths to Army team play during the World War, their spirit of the offensive, their high morale and good discipline may in no small part be attributed to the great game of American football.

For all practical purposes the game of football is controlled by the coach. It is he who vitalizes the playing rules. It is the coach that determines the character of the morale, will and discipline to which the player and incidentally the spectator is trained. It is no exaggeration to say that in character building (in so far as it is known in our American colleges), the football coach has a most pronounced effect,

direct and indirect, on our undergraduates.

The association of Football Coaches has been formed for the purpose of promoting the best interests of the game. It is hoped that the ethics of the sport may be improved through discussion and mutual agreement. Scouting, unnecessary roughness and similar items should receive consideration and constructive changes should follow. It is hoped that good sportsmanship and fair play will be developed and extended through the association of the various rival coaches. It is expected that the best expert thought will find expression at the annual meetings. Already the recommendations of the association have been the basis of the more important recent legislation by the Rules Committee.

The personnel of the various committees of the association justify the expectations that American football will receive helpful and constructive support from the Coaches' Association. On the Rules Committee of the Association will appear the names of the most expert coaches in the country. Mr. Stagg will be in charge of the committee on ethics. From these two sources we may expect not only advanced thought on football, but also action that will prove sound and permanent.

We may look to the Coaches' Association to extend and develop amateur football. Professional football it has already condemned. The policy of extending the ama-

teur game internationally has been raised and is commanding considerable attention. International sport is one of the great agencies for promoting a friendly understanding between nations and it can be made a tremendous influence toward the peace of the world. American football should play its part in this important work.

The Association has recommended a study of the football rules with a view to effecting such changes as may make the game safer and more attractive to junior players. It is obvious that youngsters should not attempt the arduous game of the colleges and it is hoped that safe and sane modifications of the rules for our grammar school lads may be effected.

The American Football Coaches' Association can render excellent service along lines similar to those outlined above. Recently it has been suggested that our coaches or their representatives at each institution should be a faculty member. Such a policy would unquestionably broaden the view point of our college faculty members and would tend to bring them in closer touch with the vital extra academic interests of undergraduate life.

In our American colleges where youth has so much unsupervised free time, where he may, in most cases work or not as he pleases, would it not be well to impose on the ancient academic supervision of our lads the realities of present day athletic sports with their strict discipline, high morale, and absorbing interest. To do so would not only strengthen the college faculty and its control, but it would also serve the very vital national necessities

that demand higher physical standards than have yet been obtained.

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SUGGESTIONS FOR FIELD GENERALS

THE quarterback is the most important man on the football team. There is so much for him to think about in the crucial games that he should begin the first day of school to master the fundamentals of generalship.

From the very beginning the quarterback should have a strategy map which he will study assiduously. The strategy map drawn by K. K. Rockne, football coach at the University of Notre Dame, which appeared in the October number of the 1921 Athletic Journal, is a splendid map to study. A strategy map is important because it pictures the orthodox game. Another aid to the quarterback is a football board. The all-American Football Board manufactured by the Varsity Game Company, Decatur, Illinois, has been found a valuable asset to quarterbacks who have used it, because it makes them think

what play they would call in the different zones.

The following are general suggestions which touch upon a few fundamentals of generalship. There are many more which might be added, but these are essential and should never be forgotten by the man who calls the signals.

1. When advancing the ball in your own territory try out your plays to see which ones will work, and then do not use those plays until within striking distance.

2. Use open plays when you are in your half of the field.

3. When near the middle of the field use the long forward pass. If your man catches it he should score a touchdown; if the safety man on defense catches it your ends should tackle him and you still will have gained the length of the pass. This play scores lots of touchdowns late in the game when teams are ap-

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parently beaten. If it will work then it will likewise work early in the game—provided you have men who can catch the ball and a man who can throw it.

4. Do not expect to advance the ball the length of the field by rushing. If you do take it down within scoring distance in this manner, your men will be tired and the defense will tighten up and the chances are they will take the ball away from you and kick it back out of danger.

5. When you are ahead, play the game safe. When you are behind, take chances.

6. Remember the plays that are working and use them. Do not hesitate to use the same play over and over again so long as it works.

7. Do not hesitate to punt because you do not want to lose the ball. The punt is one of the best plays in football.



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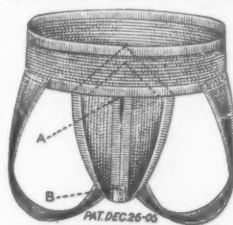
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SIX MAN LINE DEFENSE

(Concluded from page 8)

unless they are certain that the rush line and first line secondary defense have failed in their work. The secondary defense playing on the right side of the line should never attempt to play on the other side and those on the left should not attempt to meet plays, apparently directed toward the right side. Reverse play and diagonal forward passes would soon play havoc with a team where these men attempted to shift over. There are times when a modification of this statement is in order, but only when it is clearly discernible that a play or ball is actually going toward one point and the rush line and secondary defense on that side have failed in their duties, but extreme caution must be exercised, for one, only one successful reverse or diagonal or delayed forward pass play may be the cause of the whole season being a failure. The alternative of having a defensive player cover one or more individuals or of covering a certain zone when the offensive side is attempting a forward pass, is a matter for a coach to decide for himself. The advocates of the one system cannot see any good in the other, while those on the other side claim theirs is the best.

Some coaches very wisely, sometimes, when the opponents have the ball on the twenty-yard line or thereabouts, draw their center back into the line and the defense formation becomes a seven-man line formation. It is a wise move because the territory to be covered by the secondary defense on forward passes is considerably less in distance and the three defensive men, half-backs and line full-back, have not anywhere near the distance to cover, as for instance, when the opponents attempt a forward pass from the middle of the field or thereabouts. Then, too, the quarter-back who ordinarily

stays back twenty or more yards is now brought up nearer the line and is now an important factor in preventing the offense from advancing the ball. Thus we now have four secondary defensive men who have only a short territory to cover and we also have our full strength of seven men on the line.

It has been said that the best defense is a strong offense. The next best thing is a strong defense. If a team cannot score they cannot win. There is nothing very new in football, hard tackling and effective blocking were fundamentals a generation ago. The thing is not the play so much as it is the player, with all due respect to Shakespeare, a team composed of good players will win with only the simplest kind of plays and with as few as five men on the defensive rush line. Successful coaches look at the material and then decide upon the play; they do not arrange their plays first and make them fit the material at their disposal.

In connection with the defensive aspect of football it might be well to mention that a practice quite common nowadays is to have seven men on the line and a box or square defense behind. This is made possible by drawing the man who handles punts up nearer the line. It is, therefore, prudent for every team to have one or two surprise kick plays in the old trouble kit, the successful use of which might cause the player to migrate back to the territory from whence he came.

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THE OPTIONAL PASS

(Concluded from page 5)

offense is going to do and doesn't have to worry about anything else, but stop the play which it knows is coming.

The optional pass may be used either from a kick formation or from a close formation. The kick formation is a little better when you have a good kicker and rely upon the kicking threat to keep the defense worried; but aside from this aspect of the game, the close formation is the stronger. The running plays are better because the backs are closer to the line of scrimmage, and can get to it in time to go through the opening made by the line. In the kick formation the passer is so far behind the line of scrimmage that the opening in the line closes up before he can get through it. The passing play is made stronger in the close formation because the running play is more dangerous. The defense is so intent on stopping the running play that it leaves itself open for a pass.

Though it is a bit dangerous to try a kick play from this formation, it is not impossible, and a team that can work out a quick kick and protect it so that it is not in danger of being blocked, has the ideal combination of threats and plays to make the optional pass from this formation most effective.

Such a team has an ideal position to make its running plays go either through the line or around the ends. It is equally well equipped to make the pass play successfully, because there is no reason for having the passer more than five yards behind the line of scrimmage. And it can also use a quick kick to advantage. The Iowa team last fall made hundreds of yards during the season by the use of this kick: the quarter-back was drawn up on the defense in an effort to guard



Illust. 7. After passing the ball the passer continues running to protect the pass.

against passes, and before he knew it, a quick kick was executed and the ball was flying over his head. This same team gained hundreds of yards by the use of its line smashing plays when the defensive tackle played too wide in an effort to help stop the optional pass.

The optional pass does not always work, and if it doesn't either one of two things is the matter: the defense is a better team, or it has weakened itself in other points. If the defense is a better team, there is no alternative; no team can win games on plays alone. But if the defense, in an effort to stop the optional pass, has weakened itself by playing its tackle wide or its quarter-back up close, the offense should strike at the points weakened until the defense is forced to play its men in their normal positions again.

The fundamental principle of football that one play makes another go, holds true with the optional pass. If it can be executed successfully, it may be responsible for and make possible any number of other plays which would otherwise have failed.



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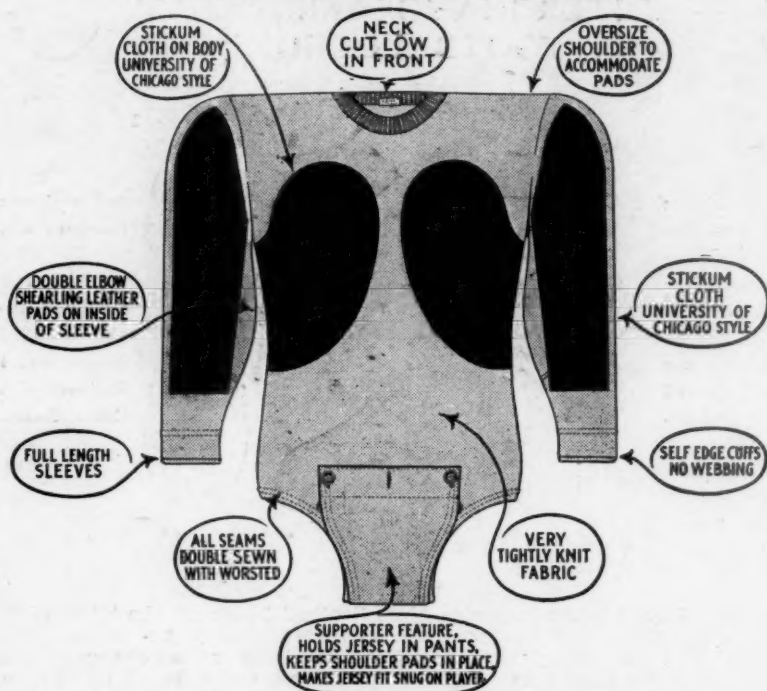
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